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UNITED STATES DEPARTMENT OF AGRICULTURE — Radio Service — OFFICE OF INFORMATION

HOMEMAKERS' CHAT SATURDAY, March ~~9~~ 4, 1940

(FOR BROADCAST USE ONLY)

SUBJECT: "MEAT ROLLS." Information from the Bureau of Home Economics, U.S.D.A.

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When you want a meat dish to look dressy enough for company yet not cost much, try a meat roll. The simple trick of rolling up a flat piece of meat, maybe with stuffing and maybe without, gives you a number of attractive meat dishes. Some of the cuts of meat that cost the least make the best rolls.

Here are some of the cuts you can use for meat rolls. You can use a shoulder of veal, or lamb, or pork--fresh pork or cured pork shoulder. Have a butcher remove the bone, and roll and tie the shoulder for you. For a beef roll, you can use either flank steak or round steak. A slice of ham makes a delicious roll, too. So does veal cutlet. And you can even use slices of liver for stuffed liver rolls.

In general, you cook meat rolls according to the tenderness of the meat. Less tender cuts you cook by the method called braising. That is, you brown the roll on all sides in hot fat. Then you add water or other liquid; cover the pan, and cook the meat slowly until tender. You can do the long slow cooking either in the oven or on top of the stove.

Though braising is a common way of cooking meat rolls, roasting is another good method when the meat is tender and well-fattened. A veal shoulder roll, or a lamb shoulder roll are both of tender meat. You can roast these in the oven just as you do leg of lamb.

Now here are a few of the good-looking, easy-on-the-pocketbook meat rolls you may want to include in your family menus.

Let's begin with a lamb shoulder roll to serve with barbecue sauce. Ask the butcher to cut the bone from a lamb shoulder; then ask him to roll and tie up the meat. When you get the roll home, season it with salt and pepper. Then set it, fat side up, on a rack in an open roasting pan. Lay a couple of slices of bacon over the top, if you like. Do not cover the meat. And do not add any water. Cook in a moderate oven (350 degrees Fahrenheit.) Allow about 40 to 45 minutes to the pound for roasting a rolled lamb shoulder. Turn the meat occasionally so it will cook evenly.

Now for the barbecue sauce to serve over the rolled lamb shoulder. Brown chopped onion and celery in drippings from the meat. Add a half cup of tomato juice, a half cup tomato catsup, and a tablespoon of Worcestershire sauce. Cook together a few minutes. And then pour the mixture over the hot meat.

(Of course, you know the string around the roll comes off before you serve the meat.)

Well, now let me tell you about rolled shoulder of veal, cooked as the best Italian cooks do it. In general, you cook a veal shoulder roll much as you do a lamb shoulder roll, only you add more fat during the cooking because veal is a very lean meat and likely to be dry. Ask the butcher to cut out the bone from a veal shoulder, and then to roll and tie the meat. Season the veal with salt and pepper, and set it on a rack in an open roasting pan. Roast in a very moderate oven (350 degrees) allowing 35 minutes of cooking for every pound of meat. As the veal shoulder cooks, baste it often with oil. The Italians use olive oil seasoned with garlic. You can get much the same flavor by chopping up onion or garlic and letting it stand an hour or so in any salad oil. Use this seasoned oil to baste the veal roll.

Quite a different tasting roll is a ham roll with apples. Buy a thin slice of ham. Remove the little round bone in the center. Then spread the ham slice

with a paste made of 3 teaspoons dry mustard mixed with 3 tablespoons vinegar. Over the mustard lay thin slices of apple. Sprinkle brown sugar over the apple. Now roll the ham like a jelly roll. And skewer or tie it in shape. Brown the roll slightly in hot fat. Then place it in a greased baking dish. Cover the dish. Cook in a slow oven (300 degrees) about 45 minutes or until the ham is done through and tender.

An inexpensive cut of beef that makes a very good roll is flank steak. Flank steak is one of the less tender cuts of beef. Now make a savory stuffing of breadcrumbs, onion and bacon fat. Spread this stuffing over the steak. Roll the steak and stuffing together. Tie the roll securely. Brown the meat on all sides in hot fat. Then add a small quantity of tomato juice, cover the pan and cook slowly until the meat is tender. If the pan cooks dry, add more tomato juice or water.

One more dish I'd like to tell you about today is individual liver rolls with sausage stuffing. For a family of 6, buy 6 large slices of liver. Now mix a half pound of hot cooked sausage-meat with a cup of fine dry bread crumbs, grated onion, salt and pepper, and a little water. Pile a spoonful of this stuffing on each slice of liver. Roll up the liver and stuffing. Wrap a slice of bacon around the outside. Fasten the bacon with toothpicks. Place the liver rolls in a baking dish with a half cup water. Cover the dish and cook slowly in a moderate oven for 45 minutes. During the last 15 minutes take the cover off, so the bacon can brown.

There you have rolls of lamb, veal, ham, beef and liver. And those are just a few of the many inexpensive rolled meat dishes. The secret of them all is careful seasoning and cooking so the meat will be tender and juicy. Another day I'll tell you about other thrifty company dishes.

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